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For many years, people around the world have been intrigued by outstanding displays of the human physique. As this specialty grew, it resulted in the sport of bodybuilding. Introduced at a very low popularity rate, bodybuilding became a world of art, from the dedication it took to compete in competitions to the passion and perseverance building the body perfectly for that next medal. This sport involves a ridiculous amount of energy, and on top of that, requires a diet un-like most. But where does the energy come from? How do we have enough energy to workout three hours at a time and not even be exhausted? Well the truth lies behind this sudden new technology.

Defined as pills and shots, these are the types of illegal substances that are being taken by Bodybuilders, both adults and young teenagers. They’re called Roids, Gym Candy, Juice; all nicknames for the word Steroid. To this day; Bodybuilders, weightlifters, and athletes use these products as deadly as a human-being throwing 5 lbs of tobacco into the body and killing it. They’re basically equal in deadliness, in fact, cigarettes are more harmful to the human body that so of steroids, but I’m not here to inform you of the causes of death of cigarettes. I’m here to explain a day in the life of a bodybuilder who is and has been taking steroids and the effect it has on the body on a daily basis. What attitude changes can you examine? How does this illegal drug really affect the way the brain works? How far will you make it through life before you die? These are the many concerns most steroid users ask yet they could care less, as long as they look bigger, and feel better about themselves, that’s all that matters.

Juice: What a powerful name to give such a knock-off substance. It all begins with the unpackaging, the pricking into the blood stream, and the restraining sounds of how heavy the arm feels after such an act. Started back in the 1960’s, steroids became the world’s answers to any stressful problem. Whether that included depression with family arguments or the bad grades you got in school, the roids definitely took care of that. Over time, the changes of attitude became lost and eventually took over the idea of having bodybuilders use steroids in order to compete in competitions for two reasons: Increasing muscle mass while improving strength and endurance at the same time. A little history I believe is somewhat necessary in explaining where steroids came from so here ya go.

Dating back to the 1970’s, most bodybuilders began injecting roids into their bodies, abruptly becoming bigger, and always had more energy. However a few years before, judges and coaches began seeing dramatic changes in the human physique and notices steroids were the key! By 1964, the International Olympic Committee finally put a ban to the use of illegal anabolic steroids. In addition, by 1988, any user without a prescription who possessed any form of anabolic steroids was named illegal, hence the name “Illegal Anabolic Steroids”. Presently, most steroid users are known as bodybuilders, men and woman…can you believe woman as well? Yeah, it’s crazy. They all range from weight to age to gender to sports categories, but for the most part, steroid users are pretty much well know to be weightlifters (bodybuilders, models).

Often when talking to or amongst a bodybuilder at the gym, you’ll often hear the line, “Steroids are as American as Apple Pie”. In addition, what they don’t realize is that for their future, and I don’t care how built or sexy you turn out to be, oh yeah, you’re killing yourself. Steroids have one of the most dangerous substances in it, and as a result, have the most side affects on your body. The list could go on for hours and the amount of toxic chemicals in ones body could continuously add up as I speak, but to really understand what these drugs do to one is outstandingly disgusting. Stunted growth, acne, aggressiveness are only a few side affects, therefore, lets take a look in depth at what happens when a male take roids and when a female takes roids.

Males who generally workout an extreme amount at the gym, who take in 5,000 average cals a day, who take in about 500 grams of protein a day and the million pinpricks in the left and right biceps usually are the guys who shoot injections. Side affects hidden from their minds are as follows; males start to a yellowish tone to their body color, acne all over the chest and back, swelling of the feet, very oily skin, persistent breath odor, increased body hair and a frequent heart palpitation. These are the most severe common side affects that men do not see until they are told so by others around them. More than normal outcomes cause frequent headaches, very occasional anxiety, recurrent mood swings, and of course a rapid growth in muscle mass. Generally, it’s uncommon to see men who are taking steroids brag about their rapid muscle gain and will tell anyone in the world, exactly which type of candy they’re using. Kind of weird, right? Anyways, lets move on to the women, shall we? Now, I actually got a little freaked out when I started reading about how woman look when they pump iron, so don’t be afraid to look away. First, it’s kind of eh… I’ll say interesting to hear woman taking steroids, let alone seeing humongous biceps creating a half a sun. Therefore, Woman taking steroids can occur such problems; a deeper voice, increased facial hair, masculinization, menstrual irregularities, back hair, clitoral enlargement, facial enlargements and it’s even common for loss of hair to appear. Actually, for the most part, any woman who does shoot injections, are noticeably large in shoulder size and chest size and their legs are extremely defined. And now for the most interesting part, included young teenagers who are willing to take the risk of …well I’ll say take the risk of dying early. Yes, that’s right. Young bodybuilder teenage men, ranging from 16-25, taking roids and killing every little inch of their body to look the hottest out there. The shrinking of testicles and reduced sperm count is a major turnoff. The development of breasts and the increased risk of prostate cancer are a biggy as well, which can be quite dangerous, more so than adults because their bone development isn’t quite formed yet. Ready for this fun fact? Teenage girls are even becoming interested in steroids, not to gain muscle or get big, but in fact, there are steroids out there to get skinny again, to become “beach ready”. It has been examined that since 1999, the population of teenage girls using steroids have nearly tripled since the late 70’s, when the start of bodybuilding became popular. Just about half of the population of the United States and more are currently taking these illegal substances. But when comparing to crack, marijuana, liquor and other deadly drugs, why has steroids become such a main focus in the way we learn about health and fitness? Is it because our attitudes are affecting the way we learn? Is our education not competing up to the highest standards? Are we just ignoring these health physicians and doing whatever we want? Could be. But we have got to understand that these chemicals being put into our bodies should not be used for fun, should not be using them to “get big”. I believe there are many other methods other than steroids of increasing muscle mass, increasing energy levels and decreasing the death rate.

As I progress in talking with you about education and how some students who are either looking into the sport of bodybuilding to “get big” or the ladies that feel the need to take steroids to get a “beach body”, I’d like to discuss how this develops into a problem and outgoing-source with education. While in school, young teenagers like most are extremely stressed out. From the 6 page papers due every Friday to the current events every other week, to the loads and loads of HW the teachers give us; it’s all added stress to our daily lives. A solution? Of course, let’s shoot steroids into our healthy bodies and throw away the “good” in our lives. Perfect plan Dr. Bodybuilder. For example, a teenage boy who is known as the “Sexy bodybuilder” at school, 185 lbs, has a body ripped like no other and is popping steroids is said to be lacking class work, not completing his homework nor projects and he’s been getting kicked off the football team because his attitude towards the coaches and fellow teammates are going out of control (GET, Kennard). Yes, teenagers between the ages of 14-18 can, for the most part have attitudes quite a lot, but there’s a noticeably large difference between that of a 16 year old who plays football and does lift and whatnot without the use of steroids and gets straight A’s and that of a 16 year old who has gotten kicked off the team due to failing grades and his miserable attitude 79% of the day. True Fact!

Leading up to this, I have a great story to share with you. A personal story for that matter, a close friend. His identity is hidden for personal security; however, he does compete in bodybuilding competitions, yes that’s right, real competitions with the big guys. My friends a senior in high school, 18 years old, taking authentic roids into his body. In fact, he is named 8th in line on the scale of Eastern Border Bodybuilding for young men. He lives a pretty normal life I’d say. His day consists of waking up, shooting two roids before school, being quite active yet always in a bad mood during the hours of school, gets home after 6 hours, and shoots two more roids before heading to the gym for 2 and a half hours. Yes he’s gained 41 lbs in the last 2 months, yes he looks phenomenally fit and healthy but what most people can’t see behind that curtain nor tell is that he’s taking steroids, illegal anabolic steroids. He’s killing his body! What’s going through his mind? Why does he feel the need to kill his body over looking jacked up to win some stupid circular medals when he could be doing the right thing and just eating lots of protein and giving his body the healthy vitamins and substances to work the same amount of muscles? It makes no sense. But that’s what the sport of Bodybuilding involves. It’s ridiculous, I agree, but the rules are the rules and in this sport particularly, the rules do say, “Must be taking steroids in ORDER to pose on stage” (Bodybuilding.com, Robson). To conclude to this story, I have seen and heard many problems and instances where he’s dealt with no sleep, no work getting done and worst of all, his body is being torn to pieces, but no matter how many times I tell him, it flows in one ear and out the other. Hey! If I can add one thing, I’m happy he fits in perfectly and loves what he’s doing. But yet again, I’m not here to discuss the how they make your life happy. On the other side, in addition, there are a few positives as well. Some of these include; well getting more muscle mass, increasing strength, endurance and durability, and feeling real good about you. I can’t think of one bodybuilder who hasn’t been pleased with their results.

Steroids are one of the most dangerous substances a body can take in. As said before, it can be taken as a supplement as in a pill or the needle way, called “shooting”. “Gym Candy” is a vital part to a bodybuilder and I can guarantee someone that Steroids are just like crack. Once addicted, always addicted. There are just a few more ways roids can be taken. They are taken through protein drinks, they can be taken as a lozenge, oral through a gel squeezable tube, and can be placed on the arm as a patch, kind of similar to a bandage. The truth is, these teenagers are getting the wrong idea about steroids and all the many different types. When browsing through a health and fitness magazine, they’re thinking to themselves how sexy and gorgeous and muscular they can look without all the terrible side affects that drugs can do. They are completely wrong. Magazine titles are known to perform such acts so that young teens and bodybuilders don’t notice the fine print that labels, “Not intended for 18 year olds or younger’s” and “there are obvious risk and side affects, do not take while pregnant or any problems with your prostate”. They seem to forget to read that fine print; hence the reason why the sports drug industry makes so much money. Therefore, the Bodybuilding industry is making a lifetime of adults and teens looking to get bigger, the most out of their own experiences and problems.

As stated before; Steroids, Juice, Gym Candy, whatever you want to call it, is affecting more than 50% of all bodybuilders in America and around the world. The plan, to get increase muscle mass, increase strength and endurance, does in the end look extremely great on a body, however the deadly side affects to such a terrible ingredient is wasteful. It makes you think, what really does go on in our heads? What do we say to ourselves that makes us want to these kinds of upsetting acts? In all, the affects roids have on a teenager, the way it affects your daily school life, how your attitude changes amongst your family, your teachers, your grades, how adults and teens deal with aggression and depression and the health side affects that come along with it. Remember; don’t ruin your healthy body. You too kids! Not to mention, don’t forget the one story that really hit me when I deal with it everyday. My best friend, my hero, and my illegal drug user, doesn’t really make me happy either.

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